




**Minnesota**  
Mental Health Clinics

Request a Visit

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## Center for Perinatal & Reproductive Mental Health

Passionate, evidenced-based mental health care for individuals navigating fertility, pregnancy, postpartum, and the early parenting period.

**1/5**  
birthing people  
experience  
**Perinatal  
Mood &  
Anxiety  
Disorders**

Appx.  
**75%**  
go untreated,  
despite contact with  
healthcare  
providers

### How can we support you?



#### Screening & Assessment

Comprehensive psychiatric evaluation, medication management, and psychotherapy for clients of all ages



#### Group Therapy & Psychoeducation

Specialized care for pediatric ASD, ADHD, learning disabilities, and complex developmental or behavioral conditions



#### In-House Perinatal Mental Health Services

Evidence-based treatment for depression, anxiety, bipolar disorder, schizophrenia, PTSD, and OCD



#### Perinatal Intensive Outpatient Services

Integrated care using biopsychosocial and trauma-informed models, emphasizing collaboration and individualized plans

## Why choose MMHC for your reproductive mental health?

#### Integrated Care, Reduced Barriers

Our embedded model reduces stigma and improves access by integrating care directly into familiar medical setting

#### Evidenced-based, Compassionate Support

Services are informed by trauma-informed practices and current best practices in perinatal mental health

#### End-to-End Reproductive Support

Continuous care across the entire reproductive journey from family planning through early childhood

#### Whole-family & System Support

Future expansion includes support for partners, caregivers, and extended family systems.

 We're here to help you get started. 